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ABSTRACT

This pamphlet suggests guidelines, briefly describes programs, and recommends standards for participants, leaders, and administrators of athletic programs for junior high school girls. The following guidelines are recommended: (a) a separate program of competitive sports opportunities should be planned; (b) sports competition should be planned for the values offered to the participant; (c) extramural programs may be a valuable supplement to broad instructional and intramural programs; (d) the responsibility for leadership of the local girls' interscholastic program should be delegated to the women physical education teachers; (e) the program should include individual and team activities; (f) the entire financing of the girls' sports program should be included in the total school budget; (g) guidelines recommended by the Division for Girls and Women's Sports should be used in all sports; and (h) the administration should provide a healthful, safe, and sanitary environment for all participants. Sports days and interscholastic programs that equate competitors with reference to skill level, age and/or size are recommended. Standards for participants, leaders, and administrators of programs, which may be modified by the state regulatory body, are listed. (PD)

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GUIDELINES FOR INTERSCHOLASTIC ATHLETIC PROGRAMS FOR JUNIOR HIGH SCHOOL GIRLS

SP 008 116

THE DIVISION FOR GIRLS AND WOMEN'S SPORTS

Revised 1972

Guidelines for Interscholastic Athletic Programs for Junior High School Girls*

PRINCIPLES

During the junior high school years, girls should have the time and opportunity to explore a great variety of sports. Because of growth and development patterns, this is an age when many goals can be accomplished through team sports and a time when skills of individual sports should also be sampled and developed. Therefore, the junior high school sports program for girls should involve opportunities to participate in many kinds of sports and in a variety of sports situations.

It is also recognized that some girls with high skill potential will wish to extend their training and competitive experiences under competent leaders outside the jurisdiction of the school.

A wide variety of activities should be offered and made available to all students in the school instructional and intramural programs. Opportunities for interschool competition may be provided in the form of a limited number of sport days at the end of the intramural season. The following guidelines are recommended:

1. Competitive sports opportunities for junior high school girls should be planned as a program separate and different from the program of competitive athletics for senior high school girls, whether or not the state high school athletic organization includes the junior high school level.
2. Sports competition should be planned for the values offered to the participant rather than as a spectator sport or as a training program for senior high school teams.
3. Extramural programs may be a valuable supplement to broad instructional and intramural programs, provided sufficient time, facilities, and personnel are available for these programs.
4. The responsibility for leadership of the local girls interscholastic program should be delegated to the women physical education teachers. The school administration should delegate to them the major responsibility for planning, organizing, coaching, and supervising the program with the understanding that the ultimate authority remains in the hands of the administration.

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*Although the pattern differs, "junior high" is used here to include grades 7 through 8 or 9.

5. The program, based on the needs and interests of the girls, should include those individual and team activities for which qualified leadership, financial support, and adequate facilities are available.
6. The entire financing of the girls sports program should be included in the total school budget. Any monies collected should go into the general fund.
7. DGWS-recommended guidelines should be used in all sports. It is strongly recommended that DGWS rules be used in those sports in which DGWS publishes rules.
8. The administration should provide a healthful, safe, and sanitary environment for all participants.

PROGRAMS

1. Sports days following the end of the intramural season may, in most cases, give enough breadth to the opportunity for student competition in sports at this age.
2. Interscholastic programs may be desirable at this level. Where they exist, the length of the season will vary according to locale and the sport and should not interfere with the primary educational objectives for the student or the total program.
3. The wide variation in growth and development within this age grouping necessitates equating of competitors with reference to skill level, age, and/or size.

STANDARDS

The following standards are recommended for participants, leaders, and administrators of programs. Within each state, additions or modifications may be made by the regulatory body.

Participants

1. Participants must be bona fide students of the school which they represent. Students under temporary suspension or probation for disciplinary reasons should not be allowed to participate.
2. Participants must have amateur standing in the interscholastic sports in which they participate.
3. Written permission of the parent or guardian is required for all participants.
4. A physician's certification of a girl's fitness for participation shall be filed with the administration prior to the first practice in a sport. The examination must have been made within the time period specified by local regulations. Written permission by a physician should be required for participation after a serious illness, injury, or surgery.

5. Participants should carry some type of accident insurance coverage that protects them during athletic competition.

Leaders

1. The interscholastic program should be directed, coached, and officiated by qualified women whenever possible. No program should be expanded past the ability of the girls department of physical education to direct it.
2. All coaches should be certified teachers employed by the local board of education. If teachers other than trained women physical educators are used to coach, they should work closely with the girls department.
3. A woman faculty member appointed by the principal should accompany and supervise girls teams at all contests.
4. Officials should hold a current DGWS rating in the specific sport and should be registered with the appropriate administrative or regulatory bodies.
5. A doctor should be on call for all contests, and someone who is qualified in first-aid procedure should be in attendance.
6. In case of question as to fitness for play, the official has the right to overrule the coach for the protection of the girl.

Administrators

1. All games and contests in which school teams participate must be under the direct sponsorship and supervision of the schools involved. No postseason games for teams or individuals should be permitted.
2. A girl should participate on only one competitive team during a season. Participation on more than one competitive team includes participation on an additional team within an institution or participation on an additional team outside an institution. In unusual circumstances such participation may be permitted provided it contributes to the welfare of the participant and does not place excessive demands and pressures upon her.
3. Awards, when given, should be inexpensive tokens of a symbolic type, such as ribbons, letters, or small pins. The giving of other types of awards, as well as fund-raising for expensive or elaborate awards is considered a violation of this guideline.
4. Travel should be kept to a minimum by competing only with other schools in the vicinity. Travel should be in school buses or with bonded carriers.

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